Original Article

"A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Prevention of Malnutrition Among The Mothers of Under Five Children in Piparia At Vadodara City"

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ABSTRACT

Introduction : Children constitute the most important and vulnerable segment of our population. . "A healthy child is a sure future" is one of the themes of WHO. Health children grow to become healthy adults, who are strong both in body and mind.

Material & Methods : Evaluative approach was used to evaluate the effectiveness of structured teaching programme on mothers regarding prevention of malnutrition. The research design was Pre-experimental core group Pre test-Post test design adopted; a non-probability convenient sampling method was used to select 60 subjects based on certain pre determined criteria.

Result : The data analyzed from the study subjects were analyzed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for data analysis; the level of significance was at 0.05%.

Conclusion : Present study shows the association between the post test level of knowledge and socio demographic variable.

Key words : Structured Teaching Programme, Knowledge, Malnutrition

INTRODUCTION:

"Children are the wealth of tomorrow. Take care of them if you wish to have a strong India, ever ready to meet various challenges"

– Pandit Jawaharlal Nehru

Children constitute the most important and vulnerable segment of our population. They are truly the foundation of our nation, hence the focus of every citizen should be to promote their health and safeguard their interest. "A healthy child is a sure future" is one of the themes of WHO. Health children grow to become healthy adults, who are strong both in body and mind.

Every child should be allowed to achieve his optimal growth and developmental potential, so that he can effectively contribute towards the nation's productivity. The future of our nation depends on the way in which we nurture out children today. We have to provide every child with a happy childhood and basic necessities along with education. If we want to achieve this objective, we should make growth and development of our children our main priority.

Children are major consumers of health care. In India about 35% of total populations are children below 15 year of age, they are succumb to nutritional diseases. It is often stated that children are the world's most valuable resources and assets, but their rights throughout the world are largely ignored often resulting into tragic outcomes. This is because of the vulnerability of children from infancy through childhood they are dependent on adult for safety and ongoing nurturing and this and this puts them at risk for mal treatment in many form.

STATEMENT OF THE PROBLEM:

"A study to assess the effectiveness of structured teaching programme on knowledge regarding prevention of malnutrition among the mothers of under five children in piparia at Vadodara city".

OBJECTIVES:

1) To assess the pre test knowledge score of mothers regarding prevention of malnutrition in under five children.
2) To assess the post test knowledge score of mothers regarding prevention of malnutrition in under five children.
3) To evaluate the effectiveness of structured teaching programme on prevention of malnutrition in under five children among mothers.
4) To find out association between post test knowledge score and selected demographic variables.

HYPOTHESIS:

H_1. There will be a significant difference between the pre test knowledge score & post test knowledge score of mothers regarding prevention of malnutrition in under five children.

H_2. there will be significant association between post test knowledge score and selected demographic variables.

MATERIAL AND METHODS:

RESEARCH APPROACH:-

Evaluative approach was used to evaluate the effectiveness of structured teaching programme on mothers regarding prevention of malnutrition.

RESEARCH DESIGN:

The research design is used for this study is Pre-experimental core group Pre test-Post test design, for assessing the effectiveness of Structured teaching programme on mothers regarding "prevention of malnutrition". Pre-experimental one group pre-test post-test design (O1 X O2) was adopted for the study.

VARIABLES:

Dependent: Knowledge of mothers

Independent : Structured teaching programme on Malnutrition

SETTING OF THE STUDY:

In this study the setting is the rural area Pipariya, at Vadodara.

POPULATION:

Mothers who are having under five children were the population of the study.

SAMPLE:

The sample for the present study comprised of 60 mothers who were available during the period of data collection was the sample of the study.

SAMPLE-SIZE:

The sample size selected for this study was 60 Mothers of under five children.

SAMPLING TECHNIQUE:-

A Non-Probability Convenient Sampling technique was used for selecting 60 mothers who was met at the time of data collection.

CRITERIA FOR SELECTING THE SAMPLE:

The sample selection was based on the following inclusion & exclusion criteria.

INCLUSION CRITERIA:-

1. Mothers who have under five children.
2. Mothers who are willing to participate in the study.
3. Mothers who can understand and read Gujrati, English or Hindi.

EXCLUSION CRITERIA:

1. Mothers who are not have under five children.
2. Mothers who are not present at the time of data collection.

DATA COLLECTION TECHNIQUE:-

The tools used for this study will be structured questionnaire. There are two parts and 30 questions will be given.

The knowledge level has been divided into three categories based on the adults score in the structured questionnaire.

- ✓ Inadequate: - 0-10 (0- 33 percent) score.
- ✓ Moderately adequate:- 11-20 (36-66 percent) score
- ✓ Adequate: - 21-30(67-100 percent) score.

DESCRIPTION OF TOOL/S:

A self administered questionnaire was used for assessing the knowledge of mothers regarding prevention of malnutrition in selected area as pipariya at Vadodara city.

In this study the data collection tool consist of two parts-

Part –A

- ✓ The section included items seeking information on demographic characteristics of sample such as

Age, Religion, Type of family, Educational qualification, Occupation, Monthly family income, Dietary pattern, No. of children, Source of knowledge. It consists of 9 items that describe the sample.

Part –B

- ✓ This section includes items to assess the knowledge of mothers.
- ✓ It comprises items on 30 questions of knowledge & prevention on malnutrition.

DATA COLLECTION PROCEDURE:-

- ✓ Before conducting major study the investigator has to introduce himself to the authorized person of the selected areas & take the sample from them.
- ✓ The data collection period extended from 03-09-2011to 03-10-2011. Sample was selected according to the selection criteria of the study. In order to obtain a free and true response the sample was explained the purpose and usefulness of the study, and assured about the confidentiality of their responses. Consent was obtained from sample.
- ✓ Mothers were made to feel comfortable and relaxed. A good rapport was maintained. On the first day, the pre-test data was obtained using the structured teaching programme. On the same day the structured teaching programme was administered with the help of a lecture cum discussion method with the use of LCD projector.
- ✓ On the seventh day, post-test was conducted using the same tool to assess the knowledge of mothers on prevention of malnutrition in under five children.

RESULTS:

TABLE-1 Mean, Mean %, mean difference, S.D. and't' value of pre-test and post-test knowledge scores

TYPE OF TEST	KNOWLEDGE ABOUT PREVENTION OF MALNUTRITION	
	MEAN	MEAN %
Pre-test	10.35	34.50%
Post-test	22.86	76.20%
Mean difference percentage (Effectiveness of Structured teaching program)	12.51	41.7%

Table value (n=60, at 0.05 level of significance= 1.59)

The data presented in Table 1 shows that the mean post-test knowledge score (22.86±3.47) was higher than the mean pre-test knowledge score (10.35±3.59). The calculated't' value (7.4119) was greater than the {n=60}table value (t = 1.59) at 0.05 level of significance. Hence H_1 the research hypothesis was accepted. Hence it can be inferred that the structured teaching programme was effective in increasing the knowledge of Mothers regarding prevention of malnutrition.

Table:-2 Comparison of Mean percentage of pre test and Post-test knowledge score.

{N = 60}

Parameter	Mean	Mean %	Standard deviation	Mean Difference	't' value {2 tail}
Pre-test	10.35	34.50%	3.59	41.7%	7.4119
Post-test	22.86	76.20%	3.47		

Table value (n=60, at 0.05 level of significance= 1.59)

Table 2 shows that overall pre test knowledge 34.50% in the post test over all knowledge is 76.20% the mean difference percentage or the effectiveness of intervention in knowledge is 41.7%The overall effectiveness of STP in the knowledge 41.7%.

The data analyzed from the study subjects were analyzed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for data analysis; the level of significance was at 0.05%.

The majority of the study showed that highest (61.7%) of mothers belonged to the age group of 26-35, Educational qualification that (45%) had upper primary, (54%) were unemployed, (46.7%) of the mothers have 2 children, (41.7%) having source of information from Health personnel.

The post-test knowledge score was in the range of (16-28) which was higher than the pre-test knowledge score range (5-21). The mean post-test knowledge score (22.86) also was higher than the mean pre-test knowledge score (10.35).

It was found that the difference between the mean pre-test (10.35±3.59) and post test (22.86±3.47) knowledge scores was found to be significant ($t60=7.41, p<0.05$).

Present study shows the association between the post test level of knowledge and socio demographic variable. The Chi-square value shows that there is significance association between the post test knowledge and socio demographic variables such as Occupation, Monthly family income and No. of children. The calculated chi-square values were greater than the table value at the 0.05 level of significance.

Present study shows the Chi-square value shows that there no significance association between the post test knowledge and socio demographic variables such as Age, Religion, Type of family,

Educational qualification and Dietary pattern and Source of information. The calculated chi-square values were less than the table value at the 0.05 level of significance.

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